

Labor and Delivery

[insert presenter info]

Objective

- **For parents to become knowledgeable about each phase of labor and delivery so that they can be a part of the decision-making process and confident as they approach birth**

Terminology

- **Lightening-** baby drops down into your pelvis.
- **Rupture of membranes** - the amniotic sac gets a hole
- **Presenting part** - the part of the baby that is pressing on the cervix
- **Engagement-** baby's head has passed through the upper pelvis into the lower pelvis

Terminology

- **Contraction- Shortening and tightening of the cervix**
- **Effacement - Thinning and shortening of the cervix**
- **Dilatation - Opening of the cervix**
- **Bloody Show - Small blood vessels rupture as the cervix begins to dilate**

Stages of Labor

- **1st Stage**
 - Pre-Labor
 - Phase 1 - Early Labor
 - Phase 2 - Active Labor
 - Phase 3 - Transition
- **2nd Stage- Pushing**
- **3rd Stage- Birth**

Pre-Labor

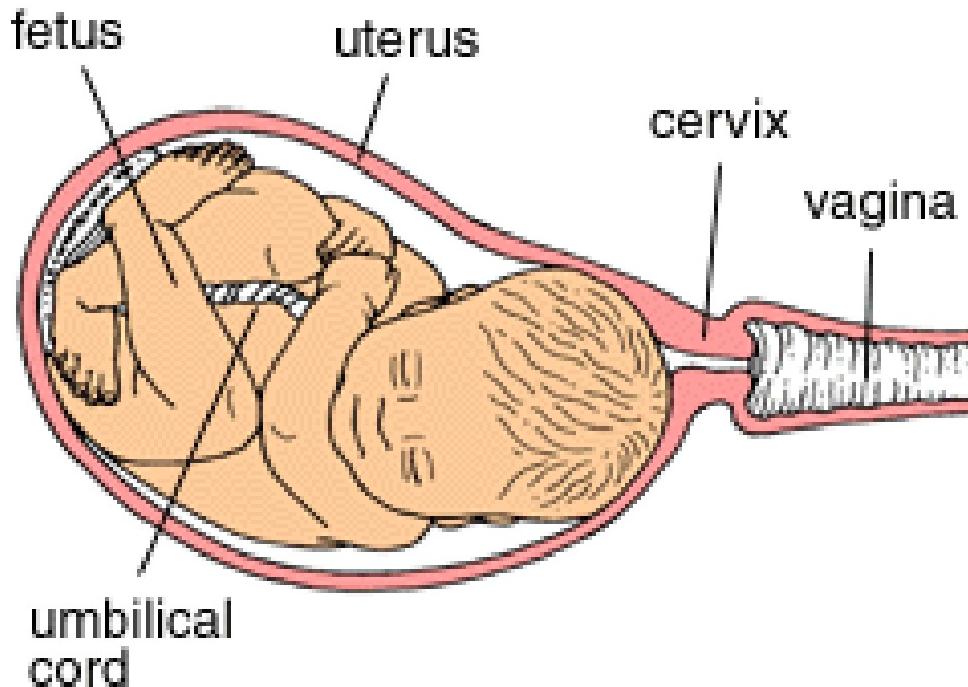
Characteristics	What You May Feel	Helping Yourself	Coach's Help
<ul style="list-style-type: none">• Duration: 0 hours to several days; May start & stop; Change of activity affects contractions.• Contractions: Increased Braxton-Hicks, some uncomfortable, may begin a pattern, then fade.	<ul style="list-style-type: none">• Abdominal or pelvic pressure, cramps, low backache.• Burst of energy or its opposite - laziness.• Nesting instinct.	<ul style="list-style-type: none">• Relax with contractions.• Breathe normally or try slow early labor breathing.• Don't overdo. This energy is for labor. Finish packing for hospital.• Eat small amounts of easily digested foods.	<ul style="list-style-type: none">• Daily practice of breathing & relaxation techniques.• Stay in close touch.• Help with meals & chores, last minute preparations for baby.

First Stage Labor - Phase 1: Early Labor

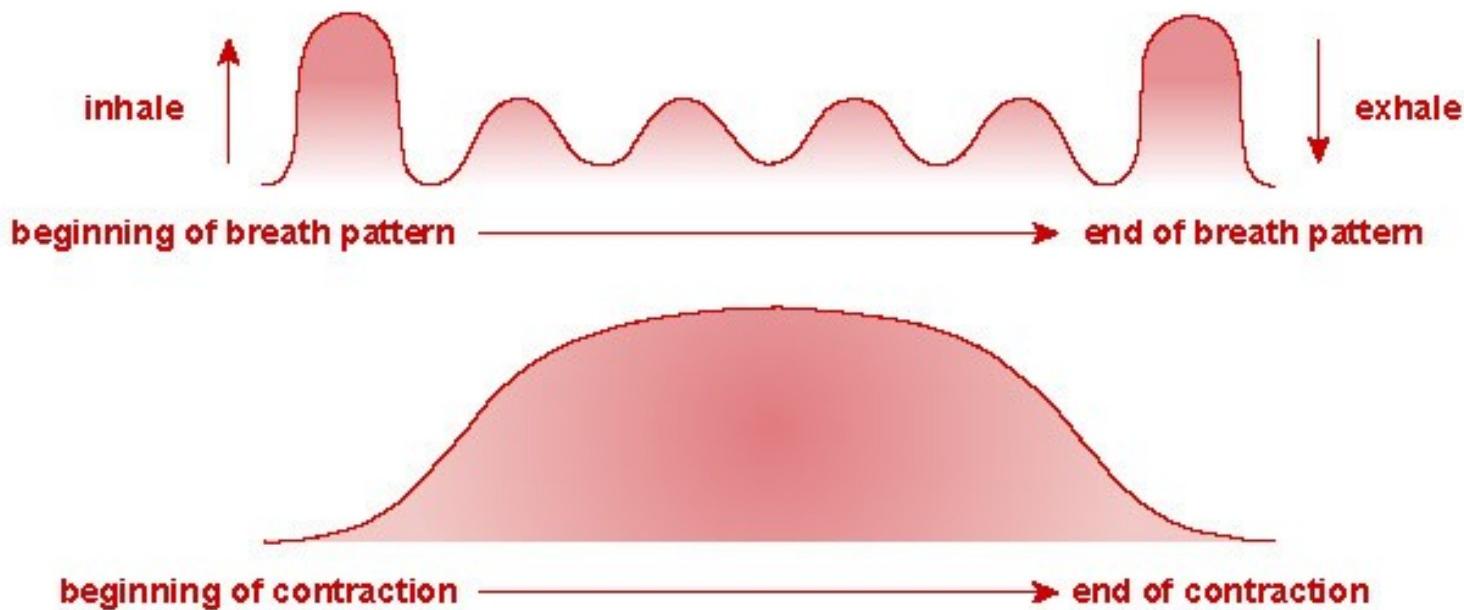
Characteristics	What You May Feel	Helping Yourself	Coach's Help
<ul style="list-style-type: none">• Duration: ranges from 2 hrs to days.• Birthing Progress: Cervix dilates to 4 cm.• Contractions: Last 30-60 sec; are 5-15 min. apart, & are mild but definite; progressively longer, stronger, closer together.	<ul style="list-style-type: none">• Bubbly, excited. A little stage fright.• Wish to tell the world.• Gradually less sociable, more serious, beginning to realize it's work.	<ul style="list-style-type: none">• Enjoy this! You know your cues. Normal light activity, plenty of rest.• Relax & breathe thru contraction. Use good position.• Call the L&D unit.• Clear liquids, if allowed. Light small snacks.	<ul style="list-style-type: none">• This phase is usually spent at home & you will need to be in close contact in case she needs you.• Extra rest for you too.• Call sitter for older children to say contractions have started.• Check for relaxation.• Start coaching breathing exercises for contractions.

Stage 1 - Phase 1

initial (latent) phase



For Early Labor (1st Phase Breathing)

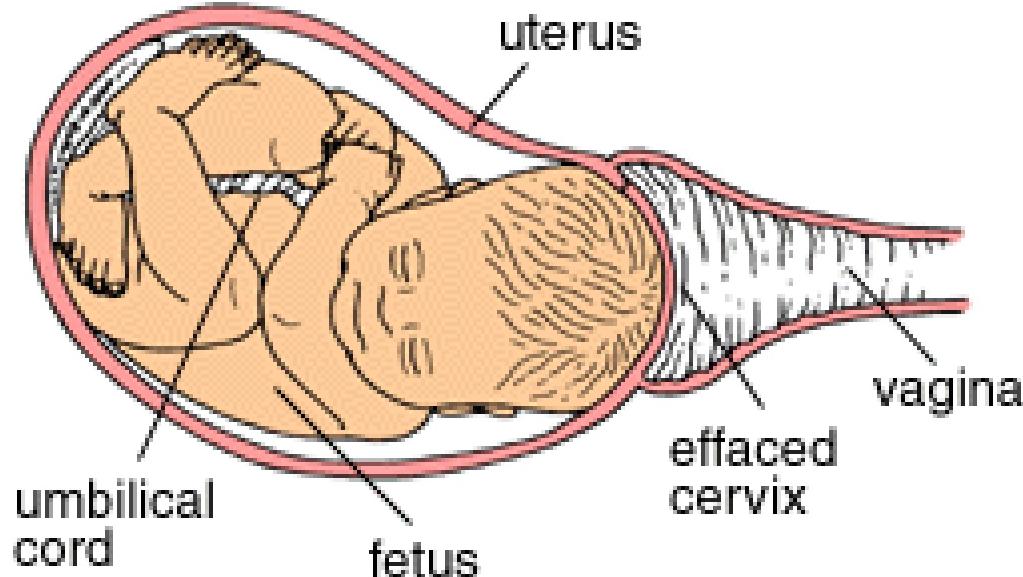


First Stage Labor - Phase 2: Active Labor

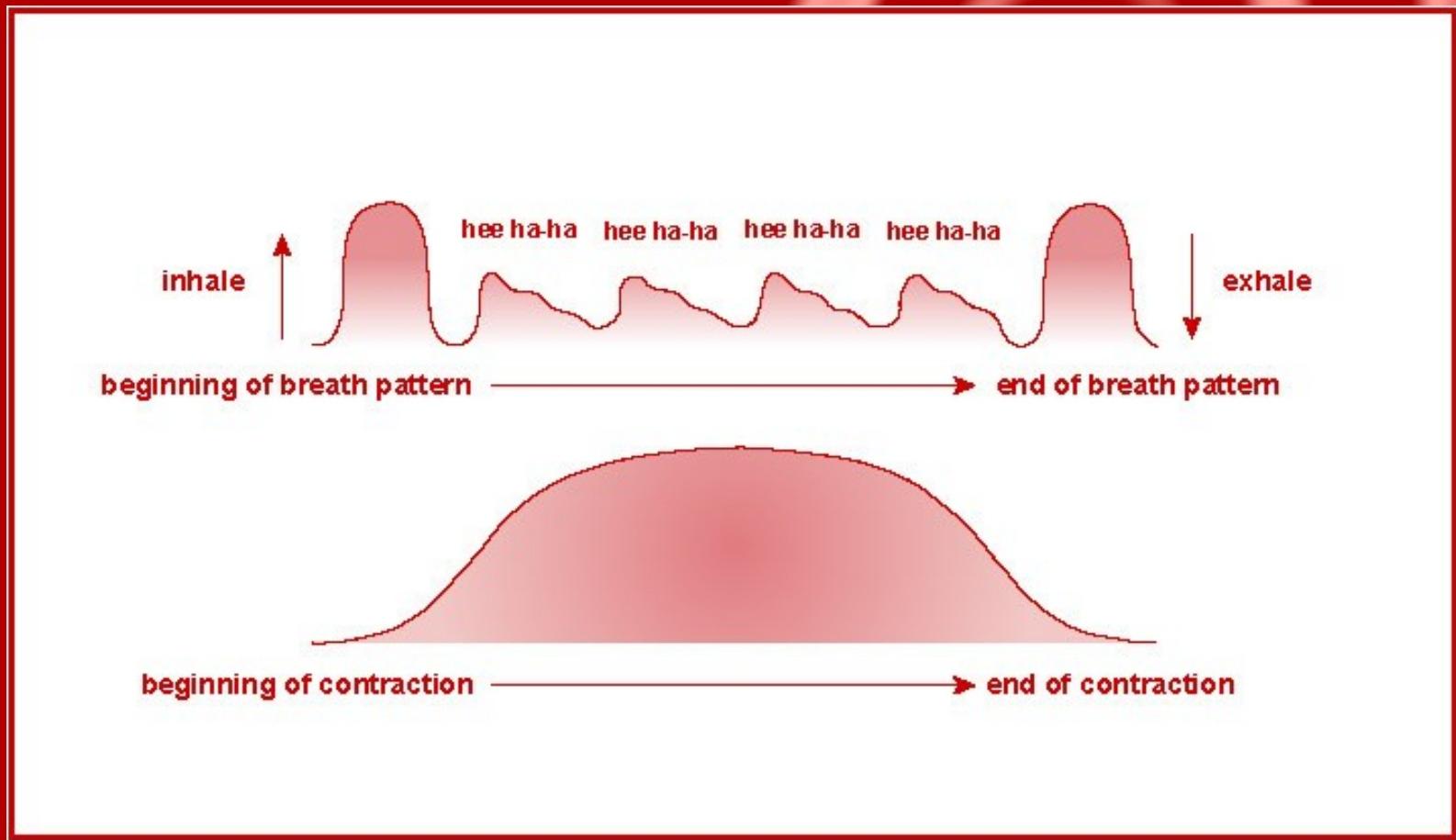
Characteristics	What You May Feel	Helping Yourself	Coach's Help
<ul style="list-style-type: none">• Duration: 4-8 hrs.• Birthing Progress: Cervix dilates from 4 to 8 cm.• Contractions: Last 45-75 sec. & are 3-5 min. apart; quite strong, peak more quickly.	<ul style="list-style-type: none">• Working very hard. Serious, need to concentrate.• Intense pressure with contractions.• Vaginal bleeding. Backache may intensify or vanish.• Very self-centered.	<ul style="list-style-type: none">• Focal point away from traffic pattern in room.• Switch to focused breathing.• Change position.• Walk or shower if possible.• Try squatting or sitting on exercise ball.	<ul style="list-style-type: none">• Time contractions. Talk her thru them.• Check for relaxation & help her to relax.• Help her change positions often.• Tell nurses if she has urge to push.• Massage.

Stage 1 - Phase 2

active phase



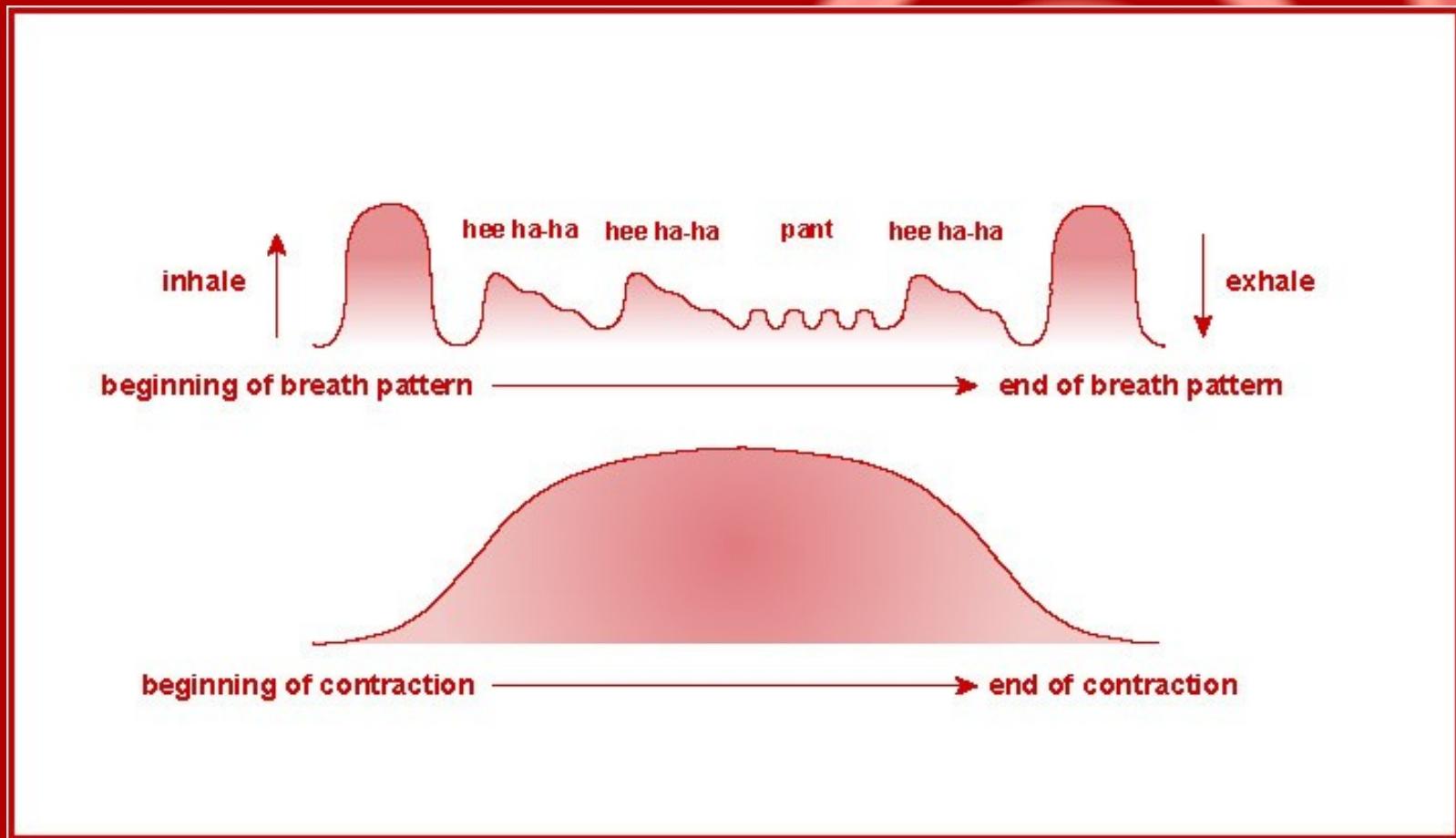
For Active Labor (2nd Phase Breathing)



First Stage Labor - Phase 3: Transition

Characteristics	What You May Feel	Helping Yourself	Coach's Help
<ul style="list-style-type: none">Duration: 15 min to 1½ hours.Birthing Progress: Cervix dilates 7-8 to 10 cm.Contractions: 60-90 sec. long, 2-3 min. apart. Very strong, tremendous pressure, may have more than one peak.	<ul style="list-style-type: none">Confused, irritable, not wanting to be touched, afraid of losing control.Increased rectal pressure.More vaginal discharge caused by descent of baby.Increased backache as baby descends.	<ul style="list-style-type: none">Switch to transition breathing pattern; take each contraction at a time.DON'T push! Pant or blow till urge has passed.Concentrate on relaxing, especially between contractions.Try to keep breathing slow - no hyperventilation	<ul style="list-style-type: none">Be firm in coaching, never mind her mood. She'll thank you later.Put your face about 10 inches in front of her face & do breathing exercise if she is having difficulty in maintaining control & breathing.Coach her to pant or blow if she starts to push & call nurse.Cold cloth for face, lips, & mouth

Transition Breathing



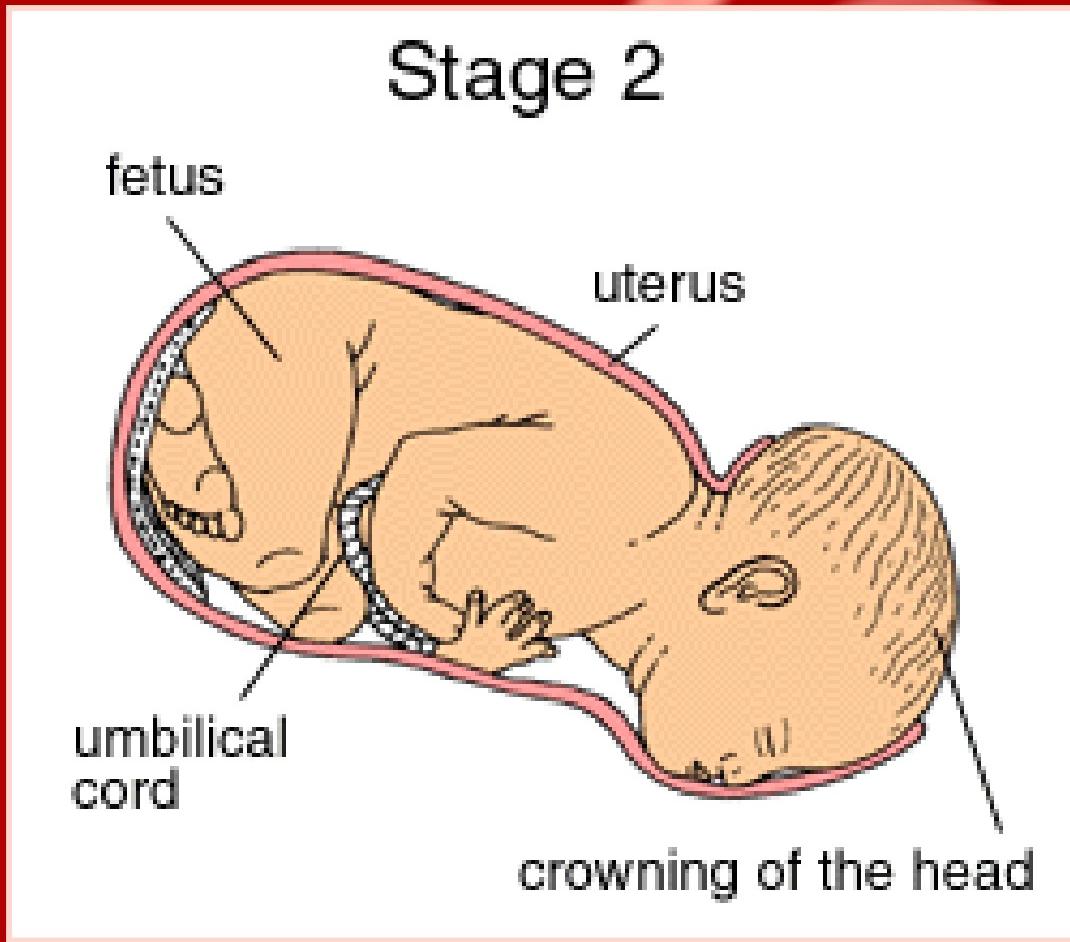
Second Stage Labor - Pushing

Characteristics	What You May Feel	Helping Yourself	Coach's Help
<ul style="list-style-type: none">• Duration: Varies greatly - 2 pushes to 2 hrs.• Birthing Progress: Pushing the baby down the birth canal & out into the world.	<ul style="list-style-type: none">• Urge to push varies, usually strong.• Great relief to push.• May feel uncertain at first but you soon get into it.	<ul style="list-style-type: none">• Two cleansing breaths, long sustained pushes, & rest between contractions.• Listen closely to coaching from team.	<ul style="list-style-type: none">• Remind her of cleansing breaths at beginning & end of each contraction.• Let her rest/sleep between contractions.• Give ice chips between pushes.• Coach firmly.

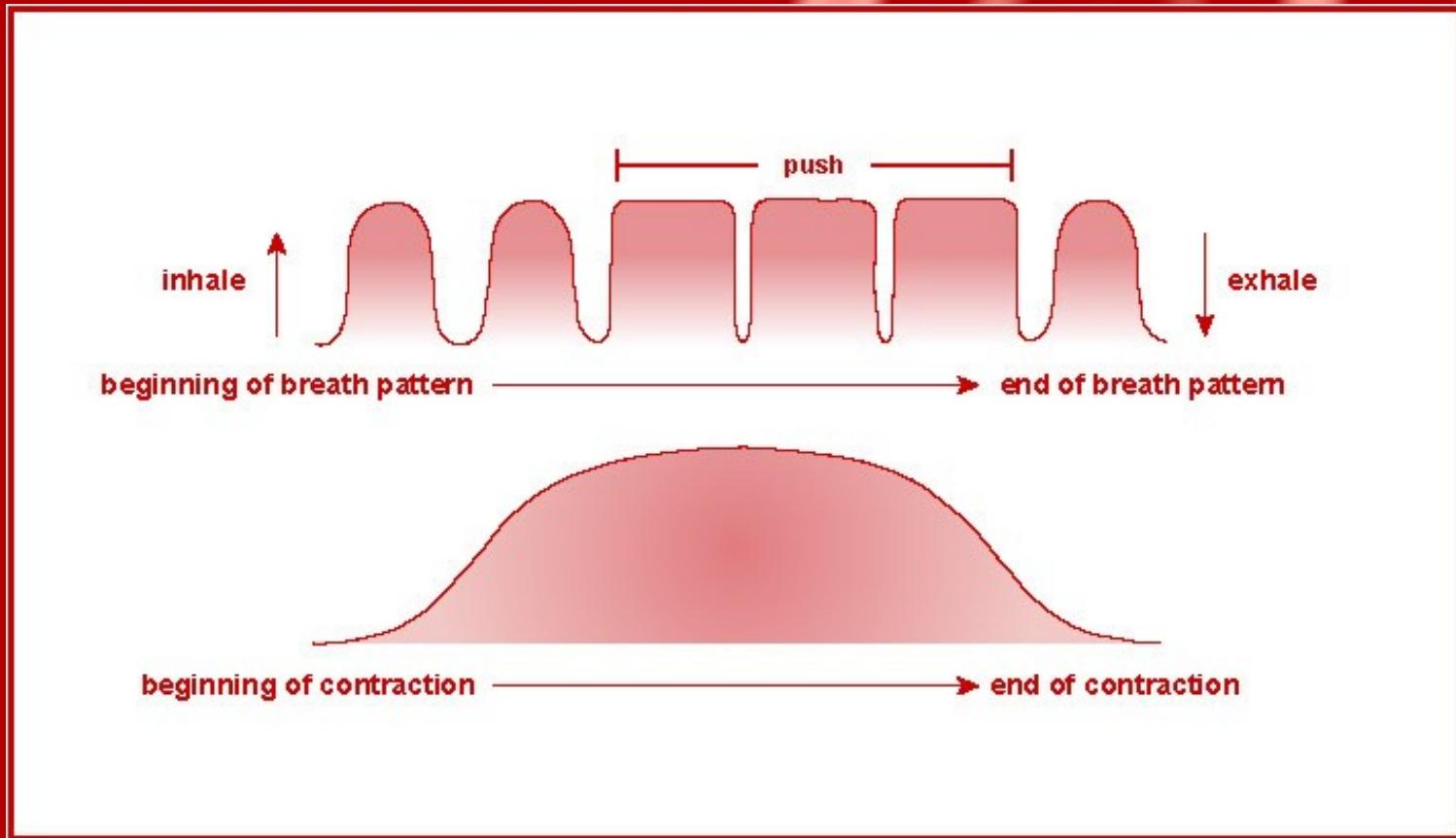
Second Stage Labor - Pushing cont.

Characteristics	What You May Feel	Helping Yourself	Coach's Help
<ul style="list-style-type: none">• Contraction: Last 60-90 sec. & 2-5 min. apart, peek more slowly than transition contractions, may have more rest between.	<ul style="list-style-type: none">• Alertness returns, new burst of energy.• Back pain may vanish or return.• Great pressure in rectum. Stretching, stinging sensation around vagina as crowning approaches; numb for birth of baby.• Actual feel of baby emerging is warm & pleasant relief!	<ul style="list-style-type: none">• Pushing harder may help you to cope with pain.• Release perineum as completely as you can and think "Open, baby out!"• Lie back & pant or blow for birth of baby's head.• Push as directed for baby's shoulders.	<ul style="list-style-type: none">• Remind her to "Relax her bottom".• Support head & shoulders to watch baby emerge.• Look to see WHO'S HERE!• Get the camera out & ready for first shot of new baby.• Welcome your baby into the world!

Stage 2- Pushing



Coached Breathing

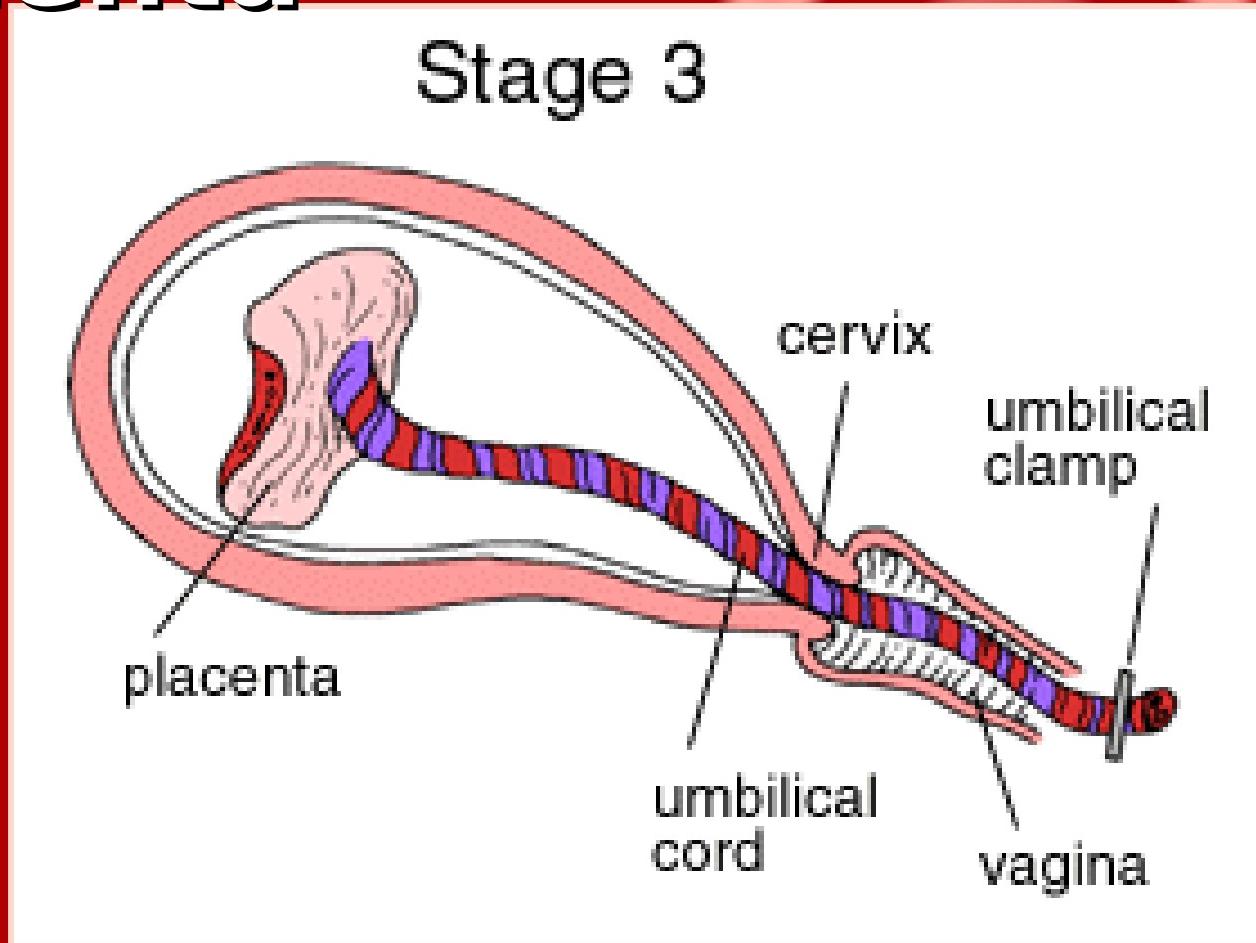


Third Stage Labor

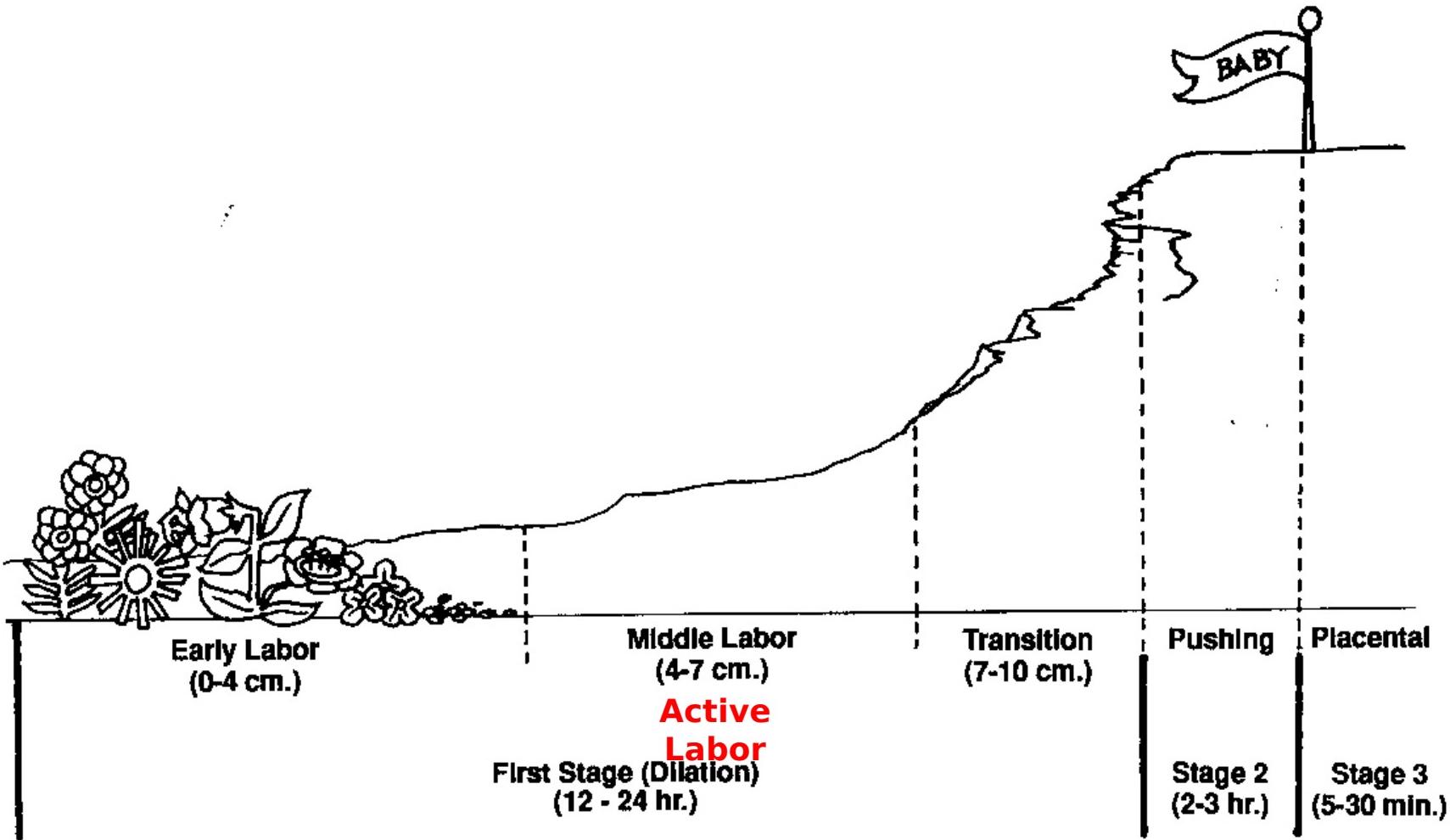
(includes time from baby's birth to expulsion of the afterbirth)

Characteristics	What You May Feel	Helping Yourself	Coach's Help
<ul style="list-style-type: none">• Duration: up to 30 min.• Birthing Progress: Afterbirth comes out (placenta, membrane, cord)• Contractions: Few mild ones.	<ul style="list-style-type: none">• May or may not notice contractions.• Chilled, shivery, impatient.• Overwhelmed & overjoyed!	<ul style="list-style-type: none">• Respond to coaching.• Nursing baby stimulates your uterus to contract.• Concentrate on your baby.	<ul style="list-style-type: none">• Reinforce instructions.• Enjoy watching or holding your baby.• Stay near until she is ready to rest.

Stage 3- Birth of the Placenta



Stages of Labor- Summary





Acknowledgements/Reference

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- **VA/DoD Uncomplicated Pregnancy Clinical Practice Guidelines (December 2000)**
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